



Healthy Mom,

HEALTHY BABY

Congratulations on your new, little one! You're likely experiencing a lot of changes, and WIC is here to help! As a postpartum mom, you may be eligible for WIC food benefits for 6-12 months following delivery. These foods are to help you meet your nutrient needs. Healthy food can aid your body in recovery. A healthy mom benefits baby!

WHAT FOODS WILL HELP ME RECOVER?

A balanced diet with a variety of nutrients can help replenish your body following delivery. This can be beneficial to you but also to future babies you may have. Eat a variety of fruits and vegetables, whole grains, lean protein, and dairy. Ask your healthcare provider if you should continue to take a mineral/vitamin supplement following delivery.

IMPORTANT NUTRIENTS:	ROLE:	RECOMMENDED AMOUNT:	FOUND IN:
Folic Acid /Folate	Helps prevent neural-tube defects in future pregnancies	<u>Breastfeeding:</u> 500 mcg/day <u>Not Breastfeeding:</u> 400 mcg/day	<ul style="list-style-type: none"> Fortified cereals, leafy greens, orange juice, and legumes
Iron	Affects mental and cognitive function, helps transport oxygen throughout the body, can be better absorbed if eaten with vitamin C	<u>Breastfeeding:</u> check with healthcare provider <u>Not Breastfeeding:</u> 15-18 mg/day	<ul style="list-style-type: none"> Meats and poultry, beans and legumes, fortified cereals and enriched grains
Iodine	Helps make thyroid hormones which regulate metabolism	<u>Breastfeeding:</u> 290 mcg/day <u>Not Breastfeeding:</u> 150 mcg/day	<ul style="list-style-type: none"> Fish (cod & tuna), shrimp, dairy products
Choline	Assists in regulating mood, memory, and muscle control	<u>Breastfeeding:</u> 550 mcg/day <u>Not Breastfeeding:</u> 400-425 mcg/day	<ul style="list-style-type: none"> Meat, poultry, and fish, dairy products, eggs, beans, nuts, seeds, and dark green vegetables

WHAT IF I HAD PREGNANCY-RELATED COMPLICATIONS?

C-Section:

Talk with your healthcare provider to see if wound healing may be improved if you :

- Take a multi-vitamin
- Eat more protein
- Increase Omega 3-fatty acids (found in fish, seafood, nuts, seeds, and plant oils)
- Take an iron supplement

Gestational Diabetes:

Follow-up with your healthcare provider to see if you need:

- Glucose Tolerance Testing at 6-12 weeks postpartum
- A pre-pregnancy consultation before your next pregnancy
- Early glucose screening with your next pregnancy

Pre-Eclampsia:

You may benefit from talking with your provider about:

- Checking blood pressure at 4-6 week postpartum appointment
- Increasing calcium or folic acid
- Following the DASH Diet to lower blood pressure



WHAT CAN I DO TO GET MY BODY IN SHAPE?

Most women lose around 13 pounds during childbirth. Through healthy eating and physical activity, losing about 1 pound a week is practical. It may take 6-12 months to lose baby weight, and that's okay. Your body has been through a lot and needs time to recover!

EAT RIGHT!

- Eat 3 times a day. This will help you from over-eating when you do eat.
- If you have cravings after a meal or snack, wait 10 minutes. Get your mind on another activity, and often the craving will go away.
- Drink water! You may be thirsty rather than hungry.
- Eat in the kitchen so you're not eating throughout the house at will.
- Cook after meals rather than when you are hungry. Put your meals in the fridge to serve the next day.



GET ACTIVE!

When your doctor clears you for physical activity:

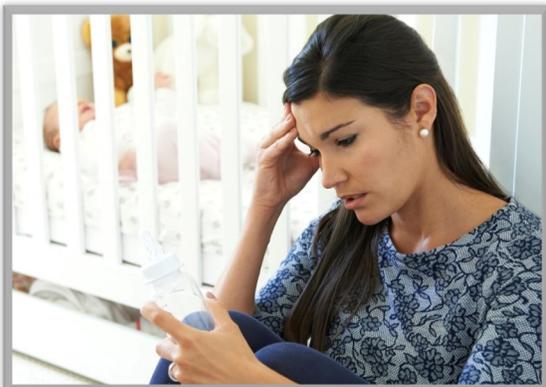
- Feed baby before exercising if you're breastfeeding. This will help avoid discomfort from breasts that feel full. Wear a bra with good support.
- Start gradually and work your way up.
- Include your baby. Take your baby for a walk.
- Invite a friend to join you and help motivate you.
- Stop exercising if you feel pain.



POOR APPETITE?

It can be common for women to have a reduced appetite after delivery. Contact your provider if your appetite does not return within 2 weeks. In the meantime, take care of yourself by:

- Setting your fussy baby down in a safe place for 10 minutes to take a break and refresh yourself.
- Asking family or friends to run errands, make meals, or help with housework while you enjoy time with your baby.



WHAT CAN I DO IF I THINK I MAY HAVE POSTPARTUM DEPRESSION?

- Know that you are not alone!
- Talk with your healthcare provider if you are crying a lot or having feelings of sadness, restlessness, or depression.
- If you find yourself over-eating or gaining weight, talk with your provider. Focus on eating healthy foods that will help you feel energized.
- Eat small meals if you don't have an appetite. Eating may help you feel better.
- Reach out to loved ones. Let them know how you are feeling.

PLAN IT OUT!

Did you know that spacing out pregnancies can improve birth outcomes? Ensure healthier outcomes for you and your baby by talking with your healthcare provider about:

- Your reproductive plan and the spacing of pregnancies.
- Getting to a healthy weight after delivery.
- Meeting folic acid recommendations during childbearing years.

[EIPH Reproductive Health Program:](#)

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Information adapted from *The Dietary Guidelines for Americans 2020-2025*, American Academy of Nutrition & Dietetics *Weight Loss Tips*, and Mayo Clinic *Labor and Delivery, Postpartum Care*, National Institutes of Health *Choline Fact Sheet for Consumers* and *Iodine Fact Sheet for Consumers*, July 2021.

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